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ABSTRACT

The Self-Report Jealousy Scale was developed to measure individual differences regarding a person's propensity to react in a jealous manner to a variety of jealousy-evoking situations. The scale possesses good psychometric properties. Studies are reported which administered the Self-Report Jealousy Scale with various personality scales. The results indicate that jealous persons are self-deprecating, unhappy, anxious, externally controlled, and dogmatic. (Author)

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Correlates of Jealousy[1]

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Correlates of Jealousy

One question which surrounds the study of jealousy is the issue of whether the state and its impact are positive or negative. The most frequent speculation is that jealousy involves self-deprecation. Mead (Clanton & Smith, 1977) suggests that jealousy has, "its origin in a sense of insecurity and inferiority" (p. 120), while Berscheid and Fei (1977) posit insecurity as a necessary condition for the occurrence of jealousy. On the other hand, Walster (1974) argues that jealous feelings are taken as evidence of passionate love, and not insecurity and inferiority. However, it may be only the inferior or insecure person who uses jealousy in this manner. One could also argue that the impact of a jealous reaction could be positive if the emotion caused the person to work at preserving the relationship.

If jealousy is associated with self-deprecation, a frequently jealous and/or intensely jealous person would incur a series of these negative events to a greater extent than a person experiencing little jealousy. Since self-esteem is assumed to be a function of a person's reinforcement history (Cohen, 1959; Combs and Snygg, 1959; Sears, 1942), one would expect a negative correlation between jealousy and one's opinion of oneself, and possibly toward the world in general.

Also, since jealousy is a <u>reaction</u> to a real or imagined behavior of another (or a behavioral intention), jealous reactions which are frequent or intense would make salient to the person the ability of others to control his or her feelings. Thus, one would expect to find that a jealous person has an externally oriented locus of causality.

While jealousy is undoubtedly evoked by particular environmental events, the research presented here assumes that the propensity for a jealous reaction is a dispositional characteristic related to these and other personality attributes. As preparation for the studies, a scale was developed which measures how intensely a person reacts to a variety of jealousy-provoking situations. This quantitative approach to jealous reactions complements Bryson's research (Bryson, 1976) which examines the qualitative aspects of jealous reactions.

Scale Construction

In order to generate items for a jealousy scale, 100 college students were asked to describe situations under the following three instructions: (1) Give three incidents of jealousy that occurred before you were 15 years old, (2) give three incidents of jealousy that occurred since the time you were 15 years old, and (3) give three incidents which you think could evoke jealousy in you if they were to occur in the future. Using an open-response format, subjects were requested to describe (1) the situation including other people involved and the circumstances surrounding the incident, and (2) the outcome including what was the result of the incident. A content analysis of the responses yielded the following jealousy-evoking situations: dating, spouse relations, home and family situations, work situations, friends, and school situations. The responses were also categorized according to the following jealousy-provoking attributes: attention, activities, praise, possessions, attractiveness, abilities, and other characteristics of a person. Responses from the open-ended questionnaire were

used to generate 20 items representative of the content analysis. Studies using the Self-Report Jealousy Scale have indicated strong psychometric qualities for the Scale. Internal consistency as assessed by coefficient alpha is over .90 (.91 with 100 subjects and .93 with 435 subjects). A two-week test-retest reliability coefficient, based on 114 subjects, was .73 (See Table 1 for the complete scale).

A factor analysis with Varimax rotation was performed on the responses of 651 subjects. Four factors were identified from the analysis: The first factor was social jealousy (e.g., "A friend is smarter and gets higher grades" and "A close friend obtains goals which you value"); the second factor was sexual jealousy (e.g., "Your steady date expresses a desire to date others" and "Another person is flirting with your date or spouse"); the third factor was family jealousy (e.g., "A brother or sister receiving presents, and you don't get any" and "Your brother or sister is given more freedom"); and the fourth factor was work jealousy (e.g., "Another person gets the promotion for which you were qualified" and "Someone else gets the praise or credit for something you did").

Personality Correlates

The four studies to be reported correlated the intensity of jealous reactions on the Self-Report Jealousy Scale with several personality scales. The first study (N=90) investigated the relationship between jealousy and sex roles as measured by Bem's Social Reliability Index (Bem, 1974), Gough's Feminine Interest Scale (Gough, 1952, 1969), and the Attitudes Toward Women Scale (Spence, Helmreich & Stapp, 1973). Neither in this study

nor in other studies have there been significant differences between males and females on reported jealousy, although Bryson reports differences between males and females in their jealous reactions. However, a moderate and significant correlation was found between Bem's measure of androgeny and the intensity of jealous reactions as measured by the Self-Report Jealousy Scale (r=.28, p < .01), indicating that more feminine persons reported more intense jealousy. Similarly, a significant negative correlation was obtained between the Attitudes Toward Women Scale and the Jealousy Scale (r=-.31, p < .01). There were no significant relationships between jealousy and the Gough scale.

The second study (N=144) paired jealousy with the Coopersmith Self-Esteem Inventory (Coopersmith, 1967), the Rotter Locus of Control Scale (Rotter, 1966), and a Life Satisfaction Scale (items taken from Robinson and Shaver, 1968). The results indicated that subjects who report intensely jealous reactions tend to be those who have low self-esteem (r=-.38, p < .01), are dissatisfied with life (r=-.46, p < .01), and are externally controlled (r=.30, p < .01).

The third study (N=90) included, with the Self-Report Jealousy Scale, the Zuckerman Anxiety Scale (Zuckerman, 1960), the Steiner Benevolent-Malevolent Scale (Steiner, 1974), and the Machiavellianism Scale (Christie & Geis, 1968). The Self-Report Jealousy Scale correlated neither with the Mach V, nor, more importantly, with the Social Desirability Scale of the Mach V. The results indicate that highly jealous persons also tend to be anxious (r=.36, p < .01), externally controlled

as measured by the B+M Scale (r=.36, p < .01), and to a lesser degree, malevolent in their attitude toward the world, as measured by the B-M Scale (r=-.25, p < .05).

The final study (N=92) investigated the relationship between jealousy and dogmatism (Troldahl and Dewhurst, 1955) and the Crowne-Marlowe Social Desirability Scale (Crowne & Marlowe, 1964). There was no relationship between social desirability and scores on the Self-Report Jealousy Scale. Highly jealous persons, however, did tend to be dogmatic (r=.35, p < .01).

In all of the studies reported, self-reported frequency of jealousy correlated highly with scores on the Self-Report Jealousy Scale (average r = .58).

Discussion

This paper has reported on the first stages of a research program investigating the relationship of the Self-Report Jealousy Scale to other measures of personality. Our hunches that jealous persons are self-deprecating, unhappy, anxious, externally controlled, and dogmatic were confirmed. Since the procedures were correlational, causality is as yet undetermined. For example, lowered self-esteem might cause one to doubt the probability of a successful interpersonal relationship, and this might give rise to jealous suspicions. Equally plausible is the position that occurrences of jealousy lower one's self-esteem. The actual dynamics may, indeed, be circular.

The soundness of the scale, as evidenced by high reliability coefficients and no relationship to social desirability, is encouraging

for future research. Although the correlations reported are moderate, ranging from .30 to .45, the consistent pattern of confirming results also supports the scale's utility in understanding what the jealous person is like. Now in various stages of investigation are studies on the relationship of jealousy to other personality variables, the pattern of jealousy in marriage, and experimental investigations of the phenomenon.

Table 1

Below are 20 situations in which you may have been involved, or in which you could be involved. Rate them with regard to how jealous you would be if you were confronted with the situation by placing a check mark in a space on the scale.

1. You find out your spouse is having an affair.

Not Very Jealous	:	1	:	2	:	3	:	4	:	5	:	6	:	7	:	8	:	9	:	Very Jealous

2. Spouse or steady looks at another.

Not Very Jealous	:	1	:	2	:	3	:	4	:	5	:	6	:	7	:	8	:	9	:	Very Jealous

3. A close friend obtains goals which you value.

Not Very Jealous	:	1	:	2	:	3	:	4	:	5	:	6	:	7	:	8	:	9	:	Very Jealous

4. Another person gets the promotion for which you were qualified.

Not Very Jealous	:	1	:	2	:	3	:	4	:	5	:	6	:	7	:	8	:	9	:	Very Jealous

5. A friend is smarter and gets higher grades.

Not Very Jealous	:	1	:	2	:	3	:	4	:	5	:	6	:	7	:	8	:	9	:	Very Jealous

6. Someone else gets the praise or credit for something you did.

Not Very Jealous	:	1	:	2	:	3	:	4	:	5	:	6	:	7	:	8	:	9	:	Very Jealous

7. A spouse or steady spends increasingly more time with others.

Not Very Jealous	:	1	:	2	:	3	:	4	:	5	:	6	:	7	:	8	:	9	:	Very Jealous

8. An outsider becomes close to your children.

Not Very Jealous	1	2	3	4	5	6	7	8	9	Very Jealous

9. A group of people who would not include you in their activities.

Not Very Jealous	1	2	3	4	5	6	7	8	9	Very Jealous

10. You are stood up, and then learn that your date was out with another person.

Not Very Jealous	1	2	3	4	5	6	7	8	9	Very Jealous

11. Friends who have more money and are able to buy clothes, etc.

Not Very Jealous	1	2	3	4	5	6	7	8	9	Very Jealous

12. A brother or sister excells in school.

Not Very Jealous	1	2	3	4	5	6	7	8	9	Very Jealous

13. A classmate has superior athletic abilities.

Not Very Jealous	1	2	3	4	5	6	7	8	9	Very Jealous

14. A brother or sister receiving presents, and you don't get any.

Not Very Jealous	1	2	3	4	5	6	7	8	9	Very Jealous

15. Your steady date expresses a desire to date others.

Not Very Jealous	1	2	3	4	5	6	7	8	9	Very Jealous

16. Your brother or sister is given more freedom, such as staying up later, or driving the car.

Not Very Jealous : 1 : 2 : 3 : 4 : 5 : 6 : 7 : 8 : 9 : Very Jealous

17. Another person is flirting with your date or spouse.

Not Very Jealous : 1 : 2 : 3 : 4 : 5 : 6 : 7 : 8 : 9 : Very Jealous

18. A classmate gets more attention from a teacher.

Not Very Jealous : 1 : 2 : 3 : 4 : 5 : 6 : 7 : 8 : 9 : Very Jealous

19. Your brother or sister seems to be receiving more affection and/or attention from your parents.

Not Very Jealous : 1 : 2 : 3 : 4 : 5 : 6 : 7 : 8 : 9 : Very Jealous

20. A spouse or steady spends increasingly more time in outside activities.

Not Very Jealous : 1 : 2 : 3 : 4 : 5 : 6 : 7 : 8 : 9 : Very Jealous

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Footnotes

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